



SOUTH SPA 6 Area Health Office Chronicle

A publication for friends and neighbors of the South Service Planning Area

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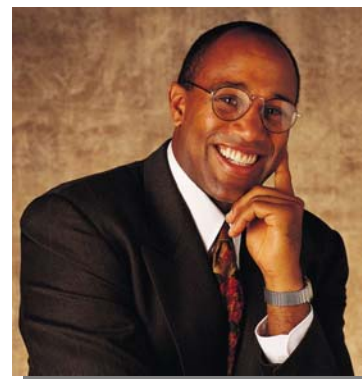
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Prostate Cancer: Controversy Over Testing and Treatment May Cause Men to Ignore Realities of Disease

American Cancer Society Stresses Importance of Informed Decision Making

For men and their loved ones, two of the many issues surrounding prostate cancer are fear and confusion. In fact, recent news coverage has centered on the debate surrounding the benefits and limitations associated with prostate cancer testing and treatment – the main controversy around whether or not testing saves lives. According to the American Cancer Society, the nation's leading voluntary health organization, more than 230,000 men in the United States – 22,265 in California and 5,800 in Los Angeles County – will be diagnosed with prostate cancer this year.

"Facing these decisions can be difficult, and it's even harder for men who try to make them alone," said Ralph B. Vance, MD, FACP, national volunteer president of the American Cancer Society. "Providing patients with the latest testing and treatment information based on years of research helps men take a more active role in their own health care and guides them through the decision-making process."



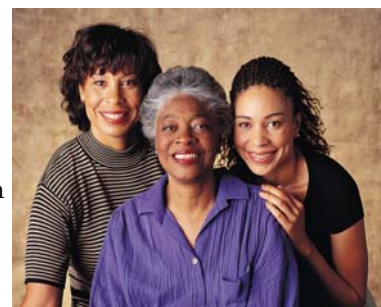
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American Cancer Society Issues Urges Breast Cancer Screenings

Specific Guidance For Older Women and Women At Increased Risk; Clarified Role for Physical Breast Exams

An estimated 217,440 new cases of invasive breast cancer are expected to occur in the US in 2004; 35,505 of those in California and 5,560 in Los Angeles County. One in nine women in this country will develop breast cancer in her lifetime, but studies show that early detection saves lives and increases treatment options.



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The American Cancer Society's breast cancer screening guidelines offer specific guidance for older women, women who have serious health problems, and women at increased risk. The guidelines also offer greater clarification of the role of physical breast exams and provide women known to be at increased risk more information about additional technologies to help them and their doctors make more informed decisions about testing.

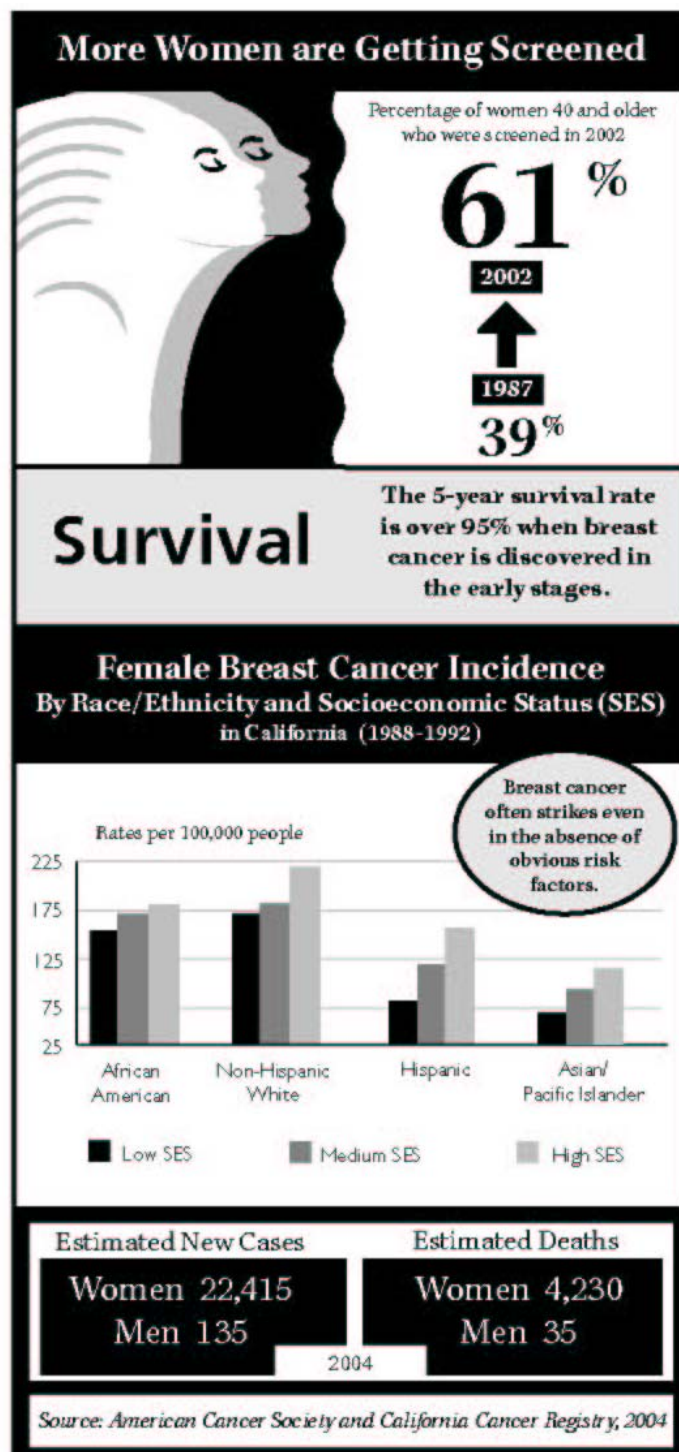
The Society's guidelines for the early detection of breast cancer are:

- Yearly mammograms starting at age 40 and continuing for as long as a woman is in good health.
- Clinical breast exams (CBE) should be part of a periodic health exam, about every three years for women in their 20s and 30s and every year for women 40 and over.
- Women should report any breast change promptly to their health care providers. Breast self-exam (BSE) is an option for women starting in their 20s.

Women at increased risk (e.g.: family history, genetic tendency, past breast cancer) should talk with their doctors about the benefits and limitations of starting mammography screening earlier, having additional tests (e.g.: breast ultrasound or MRI), or having more frequent exams. "These guidelines enable improved discussion between women and their health care providers, helping them make more informed decisions about early detection testing," said Mary A. Simmonds, MD, FACP, the Society's national volunteer president.

"While research related to the ability of clinical breast exam or breast self-examination (BSE) to reduce breast cancer deaths is limited, the exams are still important. When a woman examines her breasts, she becomes more aware of how her breasts normally feel and notice any changes," said Dr. Simmonds. "Having a physical exam by a health care professional is a complement to regular mammography and an opportunity for women and their health care providers to discuss breast changes, risk factors, and early detection testing," she explained.

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Prostate Cancer: Controversy Over Testing and Treatment May Cause Men to Ignore Realities of Disease

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The Society's encourages all men to:

- Get as much information about prostate health as they can.
- Talk with their doctor to determine their personal risk for prostate cancer.
- Understand all available testing and treatment options so they can make informed decisions.

Contact the American Cancer Society for information about all aspects of prostate cancer 24 hours a day, seven days a week.

Many African American men don't realize they are at higher risk for prostate cancer and are twice as more likely to die from the disease as other American men. And for all men, age and family history are risk factors. The American Cancer Society estimates more than 29,000 men in the United States will die from the disease this year, accounting for approximately 10 percent of all male cancer-related deaths. Nearly 3,000 of those will be Californians.

That's why the American Cancer Society strongly urges universal access to and education about prostate screening options. The Society recommends both the prostate-specific antigen (PSA) blood test and digital rectal exam (DRE) for men who decide to be tested. Once diagnosed, the prognosis for any prostate cancer patient depends on the extent of the cancer, the course of treatment selected and other individual factors.

American Cancer Society guidelines are recommendations, not rules. Written for both doctors and the public, the guidelines are flexible in order to accommodate individual medical and personal needs, and are subject to revision based on new research evidence.

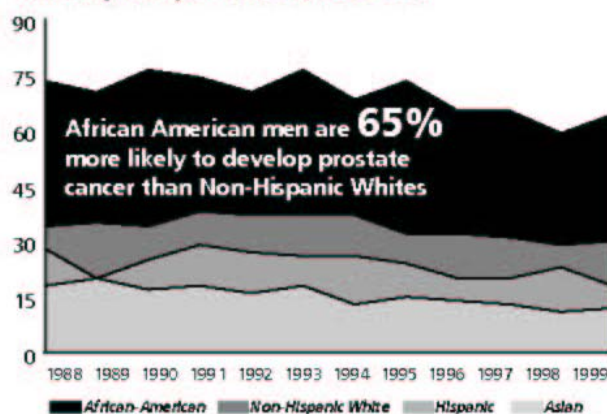
They are:

- Men 50 and older should be offered early detection tests (PSA and DRE) annually.

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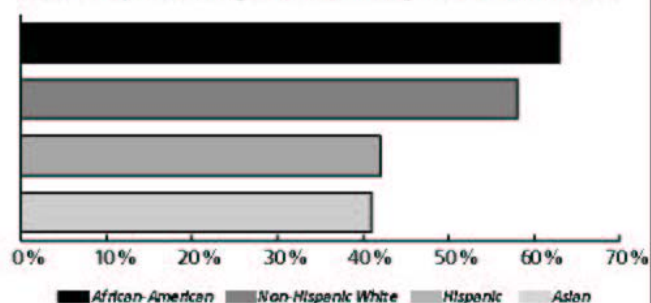
Prostate Cancer Incidence and Mortality are Declining

Mortality rate per 100,000, 1988-1999



Men Over 50 Getting Screened

Prostate-specific antigen (PSA) testing in California, 2002



The Most Commonly Diagnosed Cancer Among Men

Prostate Cancer
2004 estimates for California Men
New Cases: 22,265
Deaths: 2,925

75% of all prostate cancer is diagnosed in men over age 65

Source: American Cancer Society & California Cancer Registry

The American Cancer Society is dedicated to eliminating cancer as a major health problem by saving lives, diminishing suffering and preventing cancer through research, education, advocacy and service. Founded in 1913 and with national headquarters in Atlanta, the Society has 17 regional Divisions and local offices in 3,400 communities, involving millions of volunteers across the United States. For more information anytime, call toll free 1-800-ACS-2345 or visit www.cancer.org.

Prostate Cancer: Controversy Over Testing and Treatment May Cause Men to Ignore Realities of Disease A Safer Valentine's Day

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- Men at high risk (family history, African Americans) should begin early detection testing (PSA and DRE) at age 45.
- Prior to testing, all men should be provided with information about the benefits and limitations of testing.

"Given the implications of early detection testing, the American Cancer Society encourages men to consider it carefully," said Bill Donnelly, prostate cancer survivor and prostate committee chair for the American Cancer Society. "Some men who get tested may benefit from early detection and treatment, thereby living longer, but other men may have complications from treatment without achieving any significant benefit. The American Cancer Society also believes it is reasonable to caution medical professionals that screening men with less than a 10-year life expectancy may be unnecessary."

The American Cancer Society is dedicated to eliminating cancer as a major health problem by saving lives, diminishing suffering and preventing cancer, through research, education, advocacy and service. Founded in 1913 and with national headquarters in Atlanta, the Society has 14 regional Divisions and local offices in 3,400 communities, involving millions of volunteers across the United States. For more information anytime, call toll free 1-800-ACS-2345 or visit www.cancer.org.

Sister's Getting Fit at Jordan Down's

Funded by the California Endowment, "Sister's Getting Fit" is a 12-week cardiovascular disease prevention program targeting women in the Jordan Downs community. Originally developed by the American Heart Association, "Sister's Getting Fit" includes such educational and skill-building workshops as proper physical activity and healthy food preparation and cooking. "Sister's Getting Fit" is spearheaded by Prototypes, which works closely with the Jordan Downs Community to provide these workshops at the Jordan Downs Recreational Center.

Thanks in large part to collaboration with the American Heart Association and SPA 6 Public Health Nurses, 21 women participated in the first 12-week program.

If you are interested in learning healthful recipes and participating in group exercise and personal training, come and join a program that touches the lives of many women for better health, proper nutrition, and weight management. For more information, please contact Emma Causey at (323) 249-7890.



The SPA 6 Striders –Taking the Lead!

Catchy name, huh? “The SPA 6 Striders” is the brainchild of Martina Travis, Nurse Manager and acting Area Health Officer for SPAs 5 & 6. “The SPA 6 Striders” represents public health nurses (PHN’s) who last year decided to participate in the American Diabetes Association Jingle Walk in downtown Los Angeles.

Today “The SPA 6 Striders” continue to make their mark in the community in and around South Health Center. “We’ve adapted a healthier lifestyle by combining healthier eating habits and exercise before work as well as during lunchtime, to optimize fitness,” Tracey Simmons, SPA 6 Strider. “For example, on any given morning, PHN’s, Denise Siders and Charlotte Eichelberger, can be seen walking around Ted Watkins Park, with Ann Nelson, PHN Supervisor, never too far behind or ahead. In addition to these daily walks, some nurses meet for high impact aerobics/weight training on Tuesday and Thursday nights as well as Saturday mornings”.

The Ted Watkins Park is conveniently located directly across the street from the health center, which encourages employees other than the nurses to partake in a refreshing, brisk walk. In fact, Dr. Ikram, our chest clinician, walks around the park during his lunch hour.

Whether you have a routine fitness regimen already in place or you’re just getting started, have fun and think positively. Two things you can do to liven up a walk around the park is to walk with friends or listen to music. Good luck on your journey to good nutrition and optimal fitness!”

Compton Family Health Collaborative—Back To School Immunizations!

Keeping kids healthy is what the Compton Family Health Collaborative is all about. This summer’s *3rd Annual Back to School Immunization Campaign* was held at various locations around the City of Compton. The campaign included health fairs providing immunizations, various health screenings, educational resources, and fun giveaways, to high-risk families that otherwise have no access to health care. The achievement of the campaign, together with the hard work and dedication of all community partners has built a foundation for us to follow in the future. Working in collaboration, we can accomplish many things for the benefit of our community. For more information about the Collaborative, please call (310) 764-0955.



Flu Prevention

As a result of a national shortage of flu vaccine, Los Angeles County will not receive the amount of vaccine originally expected for this flu season. At press time, the public Health administrators were convening to develop a vaccine distribution plan that will best meet the needs of LA County residents.

It’s always a good idea to get the flu shot, especially if you are over 65, if you have a chronic illness, such as asthma, heart disease, or diabetes, or if you are a health care worker who is either exposed to people with flu or who might expose patients to the flu if you catch it. Other ways you can help yourself avoid the flu this season is to: keep up your resistance to infection with a good diet, plenty of rest, and regular exercise; and avoid exposure to the virus by washing your hands and keeping your hands away from your nose, eyes, and mouth.

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Selected Reportable Diseases (Provisional Data)

Disease	Apr-Jun 04	Apr-Jun 03
AIDS	71	74
Amebiasis	0	1
Campylobacteriosis	1	4
Chlamydial Infections	1866	2180
Encephalitis	0	0
Gonorrhea	610	651
Hepatitis Type A	1	0
Hepatitis Type B	0	0
Hepatitis Type C	0	0
Measles	0	0
Meningitis	0	3
Meningococcal Infections	0	0
Non-gonococcal Urethritis	27	55
Pertussis	0	2
Salmonellosis	5	0
Shigellosis	3	1
Syphilis, primary & secondary	8	11
Syphilis, early latent (<1 yr.)	8	12
Tuberculosis	19	29

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*Data are provisional due to reporting delay.

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SOUTH SPA 6 CHRONICLE

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Public Health Mission: To safeguard and improve the health of all Los Angeles County residents.